Your Safety Office Presents:

Safety Tips for the

Check USAREUR's

Holiday Safety Homepage!!!

Christmas Decoration

- If you use a real tree, keep water re-supplied and check for dryness.
- Do not use real candles on the tree.
- Keep fire extinguisher handy.
- Use grounded extension cords.
- Use UL listed decorations.
- Inspect cords for fraying and loose connection.
- Do not use indoor extension cords outside.
- Use proper elevation devices. Do not use

Poisonous Plants

- **Holly** is toxic. Eating small number of berries causes gastritis and possibly drowsiness. Eating large number of berries may require medical treatment.

- **Mistletoe** is toxic. All parts (& especially the berries) are poisonous and cause a variety of symptoms to include heart problems. Seek medical

Poisonous Plants

- Most calls received by poison-control centers involve children under 6 years.
- Teach children not to put any parts of plants into their mouths.
- Keep toxic plants out of reach of young children.

Give Safe Gifts!

For Children under 3:

- Avoid buying toys intended for older children which may have small parts that pose a choking danger.
- Never let children of any age play with uninflated or broken balloons because of the choking danger.
- Avoid marbles, balls, and games with balls that have a diameter of 1.75 inches or less. These

Give Safe Gifts!

Age 3 to 5:

- Avoid toys made of thin, brittle plastic that might easily break into small pieces or leave jagged edges.
- Look for household art materials, including [illegible]s and paint sets, marked with the designation "A[illegible] D-4236." (products have been reviewed by a toxicologist and, if necessary, labeled with

Give Safe Gifts!

Age 6 to 12:

- If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.
- If you buy a bicycle for any child, buy a helmet too, and make sure the child wears it.

For all children

http://www.cpsc.gov/cpscpub/pubs/grand/toy/toysafe.html

Holiday Cooking

- Avoid wearing loose-fitting clothing.
- Never leave the kitchen unattended when cooking.
- Always turn pot handles inward.
- Don't store items on the stove top - they could catch fire.
- Keep kitchen appliances clean and in good condition -- turn off after use.
- Don't overload electrical outlets or use electrical appliances near water.
- Be sure the kitchen is well ventilated to prevent the build-up of carbon monoxide from gas cooking appliances.

Hosting a Party?

Be a Good Host

- Have a variety of non-alcoholic beverages available for designated drivers and non-drinkers.
- Have plenty of hors d'oeuvres for guests. Mini sandwiches, breaded foods, and cheeses are filling and will slow down the consumption of alcoholic beverages.
- Salty foods encourage thirst, so limit these items.
- Measure the amount of alcohol poured into drinks and ensure mixers are used. This reduces the risk of intoxication.

Hosting a Party?

Be a Good Host (Cont'd)

- Ensure you have designated drivers available. If a designated driver imbibes or is not available, make alternate plans.
- Have back-up plans that include sober volunteer drivers, taxis, or sleeping arrangements.
- Under no circumstances should a person be allowed to drive after alcohol consumption.

A novel idea is to collect keys upon arrival, attach them to a gift or door prize (all within viewing), and return them to the owner prior to leaving. If a

Going to Party?

No Drinking and Driving!!!

- It can ruin your Holiday Season, your career, your life,
  and the lives of others!!!
- Be responsible!!! Have a designated driver, call a taxi,
  or call your unit/supervisor.
- Every unit has a ride home / designated driver program. Everyone should know who to call in case they need a ride home.

Going to Party?

Alcohol Injuries/Poisoning

- Continually monitor any intoxicated person.
- Check the breathing and ensure the person is not unconscious.
- Do not exercise the person.
- Do not allow the person to drive a vehicle or ride a bicycle.
- Do not give the person food, liquid, medicines or drugs to sober them up.
- Do not give the person a cold shower; the shock of the cold water could cause unconsciousness.

Passing Out Doesn't Mean Sleeping It Off!

POV Travel Safety

Causes of POV Accidents/Injuries

Driving after Drinking

Driving while Fatigued

Excessive Speed

Failure to Wear Seat Belts

Adjust Your Driving

Expect Increased Traffic and Adverse Driving Conditions

Slow Down and Increase Following Distance

Drive Defensively – Be Prepared for Others' Errors

Plan Your Travel

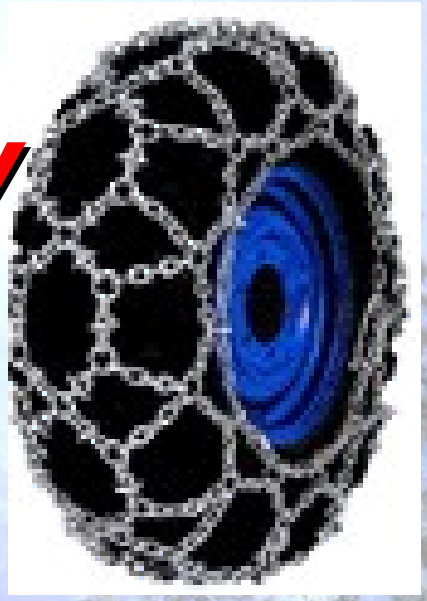
Get yourself and your vehicle in shape for the trip – check/fix your vehicle and get enough sleep before you depart.

Don't overload your schedule – allow for extra travel time and take sufficient breaks. Stop driving when you get tired.

First-line leaders must be personally involved

Use Common Sense – and Enjoy Your Trip!!!

Tire Chain Safety



- Get the proper size/type
- Consult the owner’s manual
- Adjust properly and practice installation
- Select a safe location to install/remove tire chains
- Watch your fingers/toes – set parking brake to install/remove chains

More detailed information is available at:

General Rules for Fire Safety

- Keep matches, lighters, and candles out of the reach of children.
- Avoid smoking near flammable decorations.
- Make an emergency plan to use if a fire breaks out anywhere in the home. See that each family member knows what to do.

PRACTICE THE PLAN!!!

- Dry evergreens burn like tinder in the fireplace. Flames can flicker and send sparks flying into the room or up the chimney to ignite creosote

General Rules for Fire Safety

- Avoid wearing loose fitting clothes and long, open sleeves near open flames such as fireplace, stove, or candles.
- Plan for safety and use common sense. Look for and eliminate potential danger spots near fireplaces and/or electrical connections.
- Purchase fire extinguishers that are designed to put out the types of fires most likely to occur in the areas where they are located. Extinguishers are rated for

Fireworks Safety

- **Never use illegal or homemade fireworks**
- **Watch your children!!!**
  - 50% of persons injured from fireworks are children ages 14 years and younger
  - Children are 11 times more likely to be injured by fireworks if they are unsupervised

Recreational Safety

- ***Be prepared for the activity***
- ***Wear appropriate clothes & protective equipment***
- ***Don't overestimate your abilities – quit when you get tired or cold***
- ***For activities in backcountry – go in groups and tell someone where you're going and when you'll return***

Cold Weather Injury Prevention

Remember *C-O-L-D*

When using Cold Weather Clothing:

Keep it…

C lean

Avoid

O verheating

More detailed information is available at:

Snow & Ice Removal

- Be careful to avoid slips and falls.
- Dress appropriately - wear reflective clothes.
- Use proper equipment
- Take your time – don't overdo it (strenuous work in the cold can cause heart problems!)
- Let someone know you're going out there…
- Stay alert to prevent cold weather injuries.
- Keep an eye on traffic – sliding vehicles could hit you even on sidewalks/entranceways…

More detailed information is available at:

Holiday Stress Management

Common Stress Reactions include headaches, excessive drinking, overeating or not eating enough, and difficulty sleeping. "HOLIDAY BLUES"

Seasonal Affective Disorder is caused by the fewer hours of sunlight as days grow shorter in the winter months.

Contributing Factors are increased stress and fatigue, unrealistic expectations, commercialization, and the inability to be with one's family.

Prevention: Establish realistic goals and expectations, don't feel obliged to feel festive, and limit your drinking.

To help your friends with the Holiday Blues, be supportive and be a good listener. Don't issue challenges or dares.

Consult the Stress Management Technical Guide 225 at:

Domestic Violence

Domestic Violence includes emotional and physical abuse, economic control, interference with personal liberty, and the use or threat of using force.

Child Abuse includes physical injury, sexual/emotional maltreatment, deprivation of necessities, withholding of medically required treatment by the individual responsible for a child's welfare.

The Army Family Advocacy Program provides education, resources, and services to all victims and offenders.

GET PROFESSIONAL HELP!!!

More detailed information is available at:

Suicide Prevention

Primary Signs: Feeling Hopeless/Helpless/Worthless

Depressive Symptoms: Withdrawal, Sadness, Lack of Energy, Weight Change, Irritability, Emotional Flatness or Emptiness

Keys to Prevention: Be Alert to Warning Signs and Reach Out to the Suicidal Person

Remember: Take Threats Seriously Answer "Cries for Help" Confront the Problem Tell Them You Care GET PROFESSIONAL HELP!!!

More detailed information is available at:

Your Command Safety
Office Wishes You ...
... a Merry Christmas and a
Prosperous, Happy New Year!!!